

Swim Lesson Level Assessment for PRESCHOOLERS

This questionnaire is meant to help parents find out what level is best to start their child in for **ALL** swim lessons.

Read each question and answer them to the best of your ability, using “**yes**” or “**no**” answers. For the **first “no”** you write, that will be the correct level to place your child in.

Adjustments can be made after the first day by the instructor, depending on the child’s performance in class.

Beginner 1

Is your child comfortable in the water?

Can your child put his/her face in the water?

Can your child blow bubbles through his/her mouth and nose?

Can your child put his/her whole body (including head) under the water?

Will they jump to an instructor in the water?

Beginner 2

Can your child attempt to float on their tummy?

Can your child push off from the wall on their tummy with arm and leg movement without instructor assistance?

Can your child attempt to float on their back?

Can your child push off from the wall on their back with arm and leg movement without instructor assistance?

Will your child jump in and swim a short distance to an instructor?

Intermediate

Can your child maintain a streamline off the wall on their tummy?

Can your child transition from streamline to freestyle off the wall the width of the lessons pool?

Can your child maintain a streamline off the wall on their back?

Can your child transition from streamline to backstroke off the wall the width of the lessons pool?

Can your child perform a legal breaststroke kick?

Can your child perform a kneeling dive?

If “**yes**” to all questions above or any questions, contact lessons@757swim.com